

# **Birth Control Options Postpartum**

**[insert presenter info]**

# **Sexual Health and Birth Control**

- **Discuss birth control before delivery**
- **Many effective options are available**
- **Breastfeeding is not an effective birth control method**
- **Many reliable methods are safe while breastfeeding**

# **Birth Control and Fertility**

- **Not breastfeeding, first period between 4 to 6 weeks after delivery**
- **Full breastfeeding, may be delayed up to six months**
- **Can get pregnant before period begins again**
- **Choose reliable BC prior to resuming intercourse**

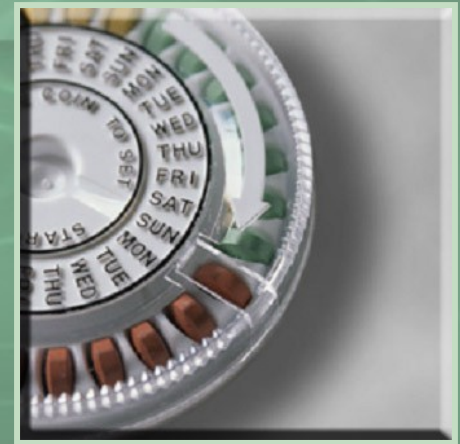
# **Choosing a Birth Control Method**

- **Every method has advantages and disadvantages**
- **ONLY abstinence is fool proof**
- **Most methods do not protect against sexually transmitted diseases (STDs)**

# **Unreliable Methods**

- **Breastfeeding**
- **Feminine hygiene products**
- **Douching**
- **Urinating after sex**
- **Withdrawal of the penis**

# Oral Contraceptives (OCs)



- **How do they work?**
  - **Estrogen and Progesterone work together to suppress ovulation**
  - **Thickens cervical mucus**
  - **Without ovulation, a woman is not able to get pregnant**

# OCs

- **Advantages**

- **Very effective**
- **Can be started 2 weeks postpartum**
- **Nothing is required at the time of intercourse**
- **Reduces risk of ovarian cancer, uterine cancers**
- **Reduces menstrual cramps**
- **Decreases effects of endometriosis and ovarian cysts**

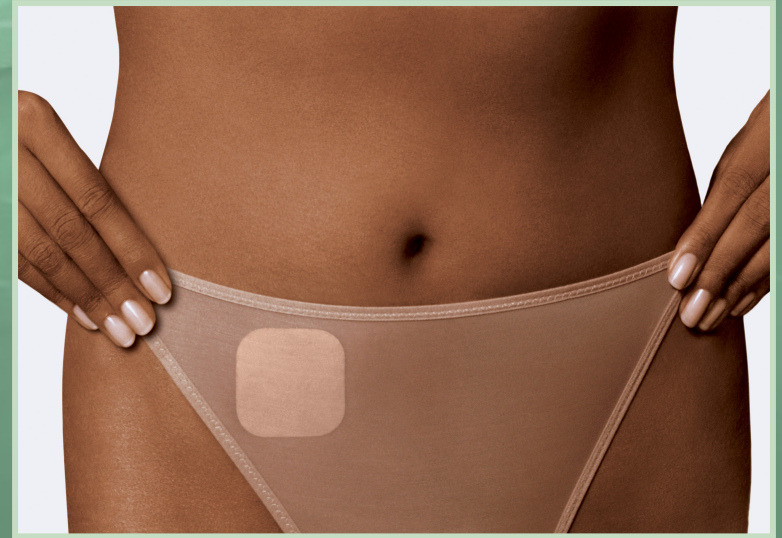
# OCs

- **Disadvantages**

- **Not recommended in first weeks of breast feeding**
- **May decreases breast milk supply and change composition**
- **Must be taken daily**
- **Who is at risk for blood clots**



# **Ortho Evera - “the patch”**



**Works same as OCs except hormones absorbed through skin**

- **Advantages**

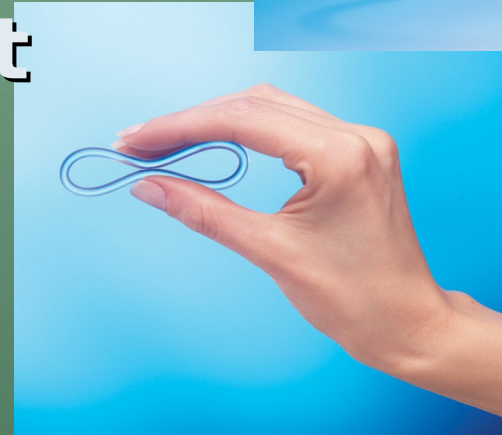
- Replace only once a week
- Same as OCs

- **Disadvantages**

- May cause skin irritation
- Same as OCs, except frequency of dosage

# Nuva Ring

**Works like OCs except  
hormones absorbed  
through vagina**



- **Advantages**

- Replace only every three weeks
- Same as OCs

- **Disadvantages**

- Frequent UTI's
- Same as OCs

# **Intrauterine System (IUD) containing Progesterone**

- **Intrauterine System containing Progesterone (Mirena®)**
  - Inserted into the uterus
  - Offers protection against pregnancy for 1-5 years
- **Uterus must return to pre-pregnant size before use**
- **Discuss with provider before postpartum visit if interested**

# **Other Hormonal Options: Progestin-only birth control pills (POPS)**

**For avoiding estrogen in combined oral contraceptives**

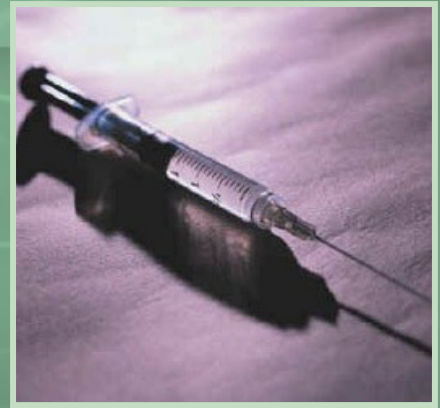
- **Advantages**
  - May become pregnant quickly when stop
  - Women who cannot take estrogen may use
  - Can use while breast-feeding
- **Disadvantages**
  - Must take at same time each day to reduce risk of pregnancy or irregular bleeding

# **Other Hormonal Options:**

## **Mini Pill**

- **Low dose progesterone-only pill**
- **If breastfeeding, can start 3 weeks after delivery**
- **Advantage**
  - **Ideal for breastfeeding mothers**
  - **Does not decrease milk production**
- **Disadvantages**
  - **Must take at same time every day or ineffective**
  - **May cause irregular periods**

# **Other Hormonal Options: Depo Prevera**



**Injection every 12 weeks**

- **Advantages**

- Can use while breastfeeding
- Very effective
- Start immediately postpartum

- **Disadvantages**

- Irregular bleeding for 2-3 injection periods
- Return of fertility takes 12-18 months
- Long term use may lead to osteoporosis

# **Intrauterine Device (IUD)**



- **T-shaped device placed in the uterine cavity**
- **Long term reversible birth control**
- **Causes increase in white blood cells and thickens cervical mucus**
- **Stops sperm from reaching the egg**
- **In place for 5-10 years**



# IUD

- **Advantages**
  - **Very effective**
  - **Good for long term birth control**
  - **Can be removed at any time**
  - **Return to fertility immediate**
  - **Do not have to think about prior to intercourse**



# IUD

- **Disadvantages**
  - Exposure to some STD's can turn into a pelvic infection
  - Increases risk of a tubal pregnancy
  - Increase in menstrual bleeding and cramping
  - Increase vaginal discharge
- **Discuss with provider *prior* to your postpartum visit if interested**

# **Barrier Method: Cervical Cap**



- **Advantages**

- Breastfeeding not effected
- No hormonal side effects

- **Disadvantages**

- Place at least 20 min prior to intercourse
- Must be fitted by health care provider
- Spermicide needed
- Only 4 sizes
- Made of latex

# **Barrier Method: Diaphragm**



- **Advantages**

- **Breastfeeding not effected**
- **Non-latex available**
- **No hormonal side effects**

- **Disadvantages**

- **Need to be fitted by health care provider**
- **Must place prior to intercourse**
- **Spermicide needed**
- **Must refit if lose or gain more than 10 pounds**

# Barrier Method: Condoms



- **Advantages**

- Breastfeeding not effected
- No prescriptions needed
- Latex or non-latex
- Some protection from STD's

- **Disadvantages**

- Placement prior to intercourse every time
- Spermicide increases effectiveness

# Spermicides

- Place less than one hour before intercourse
- Many forms:
  - Film “VCF”
  - Gel
  - Foam
  - Cream
  - Suppository
  - Tablet



# **Spermicides**

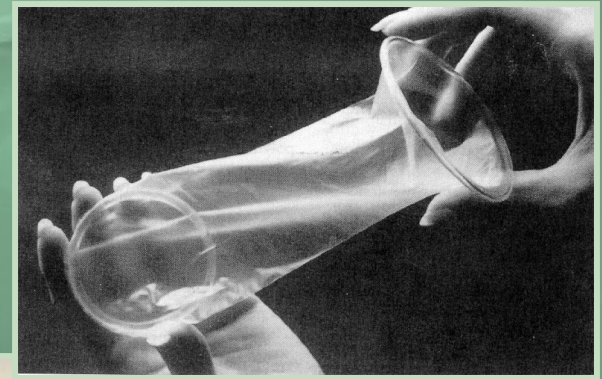
- **Advantages**

- **No prescription needed**
- **Side effects are local, if any**

- **Disadvantages**

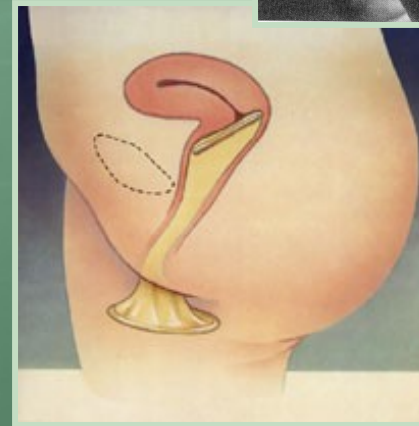
- **High failure rate**
- **Allergic reactions**
- **Increased yeast infections**

# Barrier Method: Female Condoms



- **Advantages**

- Breastfeeding not effected
- Place prior to intercourse every time
- Prescription not needed
- Some protection against STDs



- **Disadvantages**

- Difficult to use
- Spermicides increase effectiveness
- Is non-latex
- Relatively expensive

# **Permanent: Tubal Ligation**

- **Good if not desiring future pregnancies**
- **Paperwork needs to be signed before delivery if having post-delivery**
- **Reversal is expensive**
- **Reversal has poor success rates**



# **Permanent: Vasectomy**

- **Good if not desiring future pregnancies**
- **Outpatient procedure, takes about 15 minutes**
- **Uses local anesthetic**
- **Reversal of vasectomy is expensive**
- **Reversal success rates decrease with time**

# **Lactational Amenorrhea Method (LAM)**

- **For breastfeeding women**
- **Can be effective for up to 6 months IF:**
  - **Baby's diet includes no formula or food**
  - **Baby fed every 4 hours or less during day and every 6 hours at night**
- **Not 100% effective**
- **Use of condom with foam and/or withdrawal increases effectiveness**

# Emergency Contraception (ECP)



- Emergency contraception pills: If barrier method fails or no contraception is used
- Can be taken up to 120 hours after to prevent pregnancy
  - Hotline: 1-888-NOT-2-LATE
- Emergency IUD insertion within seven days of unprotected intercourse is 99.9% effective

# References

- **Planned Parenthood Federation of America**
- **American College of Obstetricians and Gynecologists**

# **Acknowledgements**

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